

# Guiding Good Choices for Health: Increasing the Reach of Effective Family-Focused Intervention Through Virtual Implementation in Pediatric Primary Care

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*Bold designates Executive Committee member. Richard Catalano, PhD, was also an MPI on this project until his retirement in 2019.*

# Guiding Good Choices

How could we reach more adolescents and families?

## ► 5-session program for all parents / caregivers of adolescents ages 9-14

1



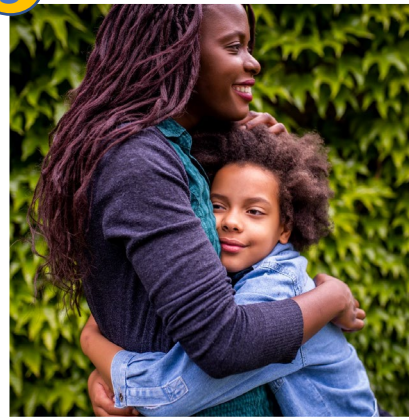
Learn a strategy for promoting health and wellbeing

2



Set healthy, clear guidelines and use positive discipline

3



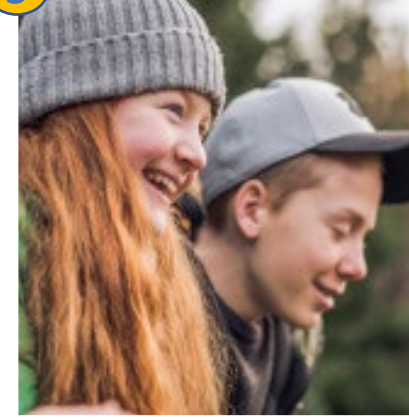
Deal with anger constructively

4



Learn ways to resist negative influences (with adolescents)

5



Strengthen bonds, build life skills

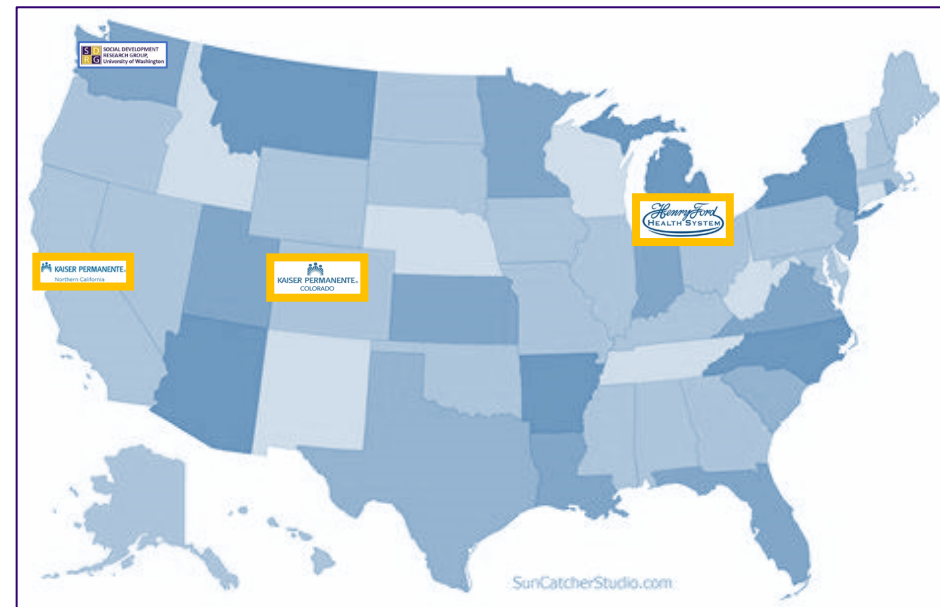
## ► GGC RCTs – Sustained population level effects with Midwest samples

- **Families:** Better communication, closer relationships, less family conflict
- **Adolescents:** Lower substance use and antisocial behavior, fewer symptoms of depression for 4-6 years



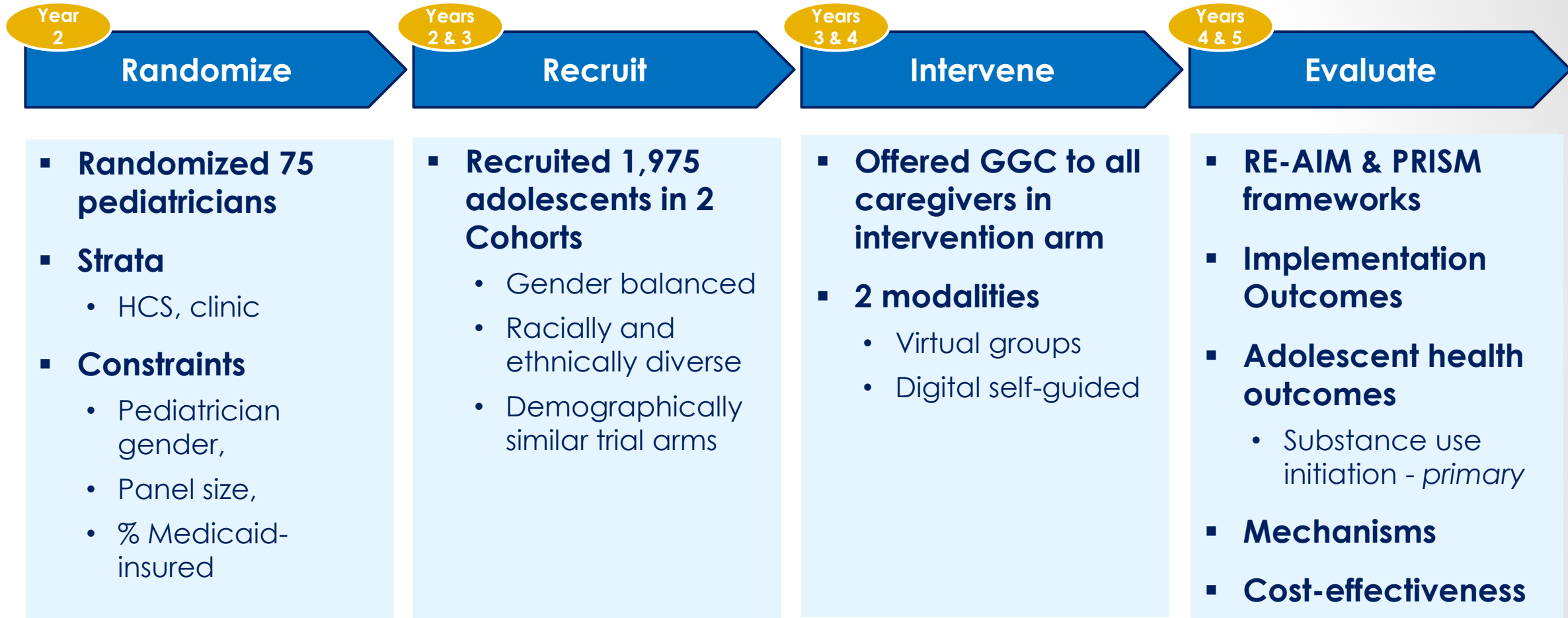
# Guiding Good Choices for Health (GGC4H)

- ▶ Support from NCCIH, co-funders NIDA, ODP, OBSSR
- ▶ Pragmatic longitudinal cluster-randomized trial
  - 75 pediatricians in 3 healthcare systems
  - 1,975 adolescents, age 13 at baseline
  - Offer GGC to all parents in intervention arm
- ▶ Assess implementation and adolescent health:
  - **Implementation feasibility**
  - **Effectiveness:** Adolescent health
    - **Primary outcome:** Substance use initiation
    - **Secondary outcomes:** Depression, antisocial behavior, substance use prevalence
- ▶ **NCCIH Supplement:** Implementation of Guiando Buenas Decisiones with Latinx families





# 5-Year Longitudinal Cluster-randomized Trial



# Today: Implementation Findings

Barriers and facilitators to implementation and sustainability of *Guiding Good Choices* in integrated healthcare systems

**Stacy Sterling, DrPH**

*Center for Addiction and Mental Health Research  
Division of Research  
Kaiser Permanente Northern California*

Virtual implementation of *Guiding Good Choices*: Lessons learned from intervention adaptation in response to COVID-19

**Hannah Scheuer, MSW**

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Assessing implementation fidelity of the *Guiding Good Choices* program in a virtual environment

**Kristi Morrison, BA**

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## Discussant:

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